

pH Values of Various Foods

(Bad Bug Book: Foodborne Pathogenic Microorganisms and Natural Toxins Handbook)

VEGETABLES pH – Potentially Hazardous Foods

Artichokes	5.6
Canned	5.7 - 6
Asparagus	4 -6
Canned	5.2 - 5.3
Buds	6.7
Stalks	6.1
Beans	5.7 - 6.2
String	4.6
Lima	6.5
Kidney	5.4 - 6
Beets	4.9 - 5.6
S	4.2 - 4.4
Canned	4.9
Brussel sprouts	6.0 - 6.3
Cabbage	5.2 - 6.0
Green	5.4 - 6.9
White	6.2
Red	5.4 - 6.0
Savoy	6.3
Carrots	4.9 - 5.2
Canned	5.18-5.22
Juice	6.4
Cauliflower	5.6
Celery	5.7 - 6.0
Chives	5.2 - 6.1
Corn	6.0 - 7.5
Canned	6
Sweet	7.3
Cucumbers	5.1 - 5.7
Dill pickles	3.2 - 3.5 (PHF as they were acidified)
Eggplant	4.5 - 5.3
Hominy (cooked)	6
Horseradish	5.35
Kale (cooked)	6.4 - 6.8

Kohlrabi (cooked)	5.7 - 5.8
Leeks	5.5 - 6.0
Lettuce	5.8 - 6.0
Lentils (cooked)	6.3 - 6.8
Mushrooms (cooked)	6.2
Okra (cooked)	5.5 - 6.4
Olives	
(green)	3.6 - 3.8 NPH, but PHF when acidified
(ripe)	6.0 - 6.5
Onions	
(red)	5.3 - 5.8
(white)	5.4 - 5.8
(yellow)	5.4 - 5.6
Parsley	5.7 - 6.0
Parsnip	5.3
Peas	5.8 - 7.0
Frozen	6.4 - 6.7
Canned	5.7 - 6.0
Dried	6.5 - 6.8
Pepper	5.15
Pimiento	4.6 - 4.9
Potatoes	6.1
Tubers	5.7
Sweet	5.3 - 5.6
Pumpkin	4.8 - 5.2
Radishes	
(red)	5.8 - 6.5
(white)	5.5 - 5.7
Rhubarb	3.1 - 3.4
Canned	3.4
Rice (all cooked)	
Brown	6.2 - 6.7
White	6.0 - 6.7
Wild	6.0 - 6.4
Sauerkraut	3.4 - 3.6 PHF as it was acidified by fermentation
Sorrel	3.7

Spinach	5.5 - 6.8	
Cooked	6.6 - 7.2	
Frozen	6.3 - 6.5	
Squash (all cooked)		
Yellow	5.8 - 6.0	
White	5.5 - 5.7	
Hubbard	6.0 - 6.2	
Tomatoes (whole)	4.2 - 4.9	PHF (all)
Paste	3.5 - 4.7	
Canned	3.5 - 4.7	
Juice	4.1 - 4.2	
Turnips	5.2 - 5.5	
Zucchini (cooked)	5.8 - 6.1	

Fruits pH – Non-Potentially Hazardous Foods

Apples

Delicious	3.9	
Golden Delicious	3.6	
Jonathan	3.33	
McIntosh	3.34	
Winesap	3.47	
Juice	3.4 - 4.0	
Sauce	3.3 - 3.6	
Apricots	3.3 - 4.0	
Dried	3.6 - 4.0	
Canned	3.74	
Bananas	4.5 - 5.2	PHF
Cantaloupe	6.17-7.13	PHF
Dates	6.3 - 6.6	PHF
Figs	4.6	PHF
Grapefruit	3.0 - 3.3	
Canned	3.1 - 3.3	
Juice	3	
Lemons	2.2 - 2.4	
Canned juice	2.3	
Limes	1.8 - 2.0	
Mangos	3.9 - 4.6	PHF
Melons		PHF (all)

Casaba	5.5 - 6.0
Honey dew	6.3 - 6.7
Persian	6.0 - 6.3
Nectarines	3.9
Oranges	3.1 - 4.1
Juice	3.6 - 4.3
Marmalade	3
Papaya	5.2 - 5.7 PHF
Peaches	3.4 - 3.6 NPHF
In jars	4.2 PHF
In cans	4.9 PHF
Persimmons	5.4 - 5.8 PHF
Pineapple	3.3 - 5.2 PHF
Canned	3.5
Juice	3.5
Plums	2.8 - 4.6
Pomegranates	3
Prunes	3.1 - 5.4 PHF
Juice	3.7
Quince (stewed)	3.1 - 3.3
Tangerines	4
Watermelon	5.2 - 5.8 PHF

BERRIES pH

Blackberries	3.2 - 4.5 PHF
Blueberries	3.7
Frozen	3.1 - 3.35
Cherries	3.2 - 4.1
Cranberries	
Sauce	2.4
Juice	2.3 - 2.5
Currants (red)	2.9
Gooseberries	2.8 - 3.1
Grapes	3.4 - 4.5
Raspberries	3.2 - 3.7

Strawberries	3.0 - 3.5
Frozen	2.3 - 3.0

BAKERY PRODUCTS pH – Potentially Hazardous Foods

Bread	5.3 - 5.8
Eclairs	4.4 - 4.5
Napoleons	4.4 - 4.5
Biscuits	7.1 - 7.3
Crackers	7.0 - 8.5
Cakes	
Angel food	5.2 - 5.6
Chocolate	7.2 - 7.6
Devil's food	7.5 - 8.0
Pound	6.6 - 7.1
Sponge	7.3 - 7.6
White layer	7.1 - 7.4
Yellow layer	6.7 - 7.1
Flour	6.0 - 6.3

MISCELLANEOUS pH

Caviar (domestic)	5.4
Cider	2.9 - 3.3 NPHF
Cocoa	6.3
Corn syrup	5
Corn starch	4.0 - 7.0
Ginger ale	2.0 - 4.0 NPHF
Honey	3.9
Jams/Jellies	3.1 - 3.5 NPHF
Mayonnaise	4.2 - 4.5 PHF
Molasses	5.0 - 5.5
Raisins	3.8 - 4.0 NPHF
Sugar	5.0 - 6.0

Vinegar	2.0 - 3.4
Yeast	3.0 - 3.5

MEAT, POULTRY pH – Potentially Hazardous Foods

Beef	
Ground	5.1 - 6.2
Ripened	5.8
Unripened	7
Canned	6.6
Tongue	5.9
Ham	5.9 - 6.1
Lamb	5.4 - 6.7
Pork	5.3 - 6.9
Veal	6
Chicken	6.5 - 6.7
Turkey (roasted)	5.7 - 6.8

FISH pH - Potentially Hazardous Foods

Fish (most fresh)	6.6 - 6.8
Clams	6.5
Crabs	7
Oysters	4.8 - 6.3
Tuna fish	5.2 - 6.1
Shrimp	6.8 - 7.0
Salmon	6.1 - 6.3
Whitefish	5.5
Freshwater (most)	6.9 - 7.3
Sturgeon	5.5 - 6.0
Herring	6.1 - 6.4

DAIRY PRODUCTS/EGGS pH – Potentially Hazardous Foods

Butter	6.1 - 6.4
Buttermilk	4.5
Milk	6.3 - 8.5
Acidophilus	4
Cream	6.5
Cheeses	
Camembert	7.4
Cheddar	5.9
Cottage	5
Cream cheese	4.88
Edam	5.4
Roquefort	5.5 - 5.9
Swiss Gruyere	5.1 - 6.6
Eggs	
White	7.0 - 9.0
Yolk	6.4
Egg solids, whites	6.5 - 7.5
Whole	7.1 - 7.9
Frozen	8.5 - 9.5